

ALLYSHIP IN MENTAL HEALTH AWARENESS & SUPPORT RESOURCES

WIS Inclusion Letter - Tips to foster inclusion and allyship for all marginalized groups.

CONNECT WITH OUR COFFEE & PROGRESS EXPERTS:

Lisa Bonta Sumii, Oakland Roots' Mental Health & Sports Performance Specialist

- Contact for all questions: lisa@athmindset.io

Ellen Harwell, Project Associate with the National Action Alliance for Suicide Prevention

- Contact for suicide prevention information: eharwell@edc.org
- Contact for CMPC questions: ehconsulting.ok@gmail.com

ORGANIZATIONS:

Fearless & Capable - Founded by Candice Fabry, our Coffee & Progress host, this woman-led business offers mentorship and support specifically for the challenges that women and marginalized people face in the sports industry.

AthMindset - Founded by Lisa Bonta Sumii, our Coffee & Progress expert guest, AtMindset provides unique services to support the mental well-being of athletes with the understanding that performing in their sport is a part of their identity.

The Hidden Opponent - A non-profit advocacy group that raises awareness for student-athlete mental health and addresses the stigma within sports culture.

My Huddle - This organization is a hub of mental health resources specifically for college students. The founder, Christina VandenBerg is a WIS member and is always eager to connect with others in the network.

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Suicide Prevention Messaging - An organization offering advice on focusing messages around suicide prevention so that communication is as effective as possible.

Mental Health and Suicide Prevention - The National Response to COVID-19: The National Response is focused on six strategic priorities to help transform mental health and suicide prevention nationwide in the wake of the pandemic. Don't wait to learn about suicide prevention. Visit the site to learn more.

Mental Health First Aid - Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. *Thanks, Dr. Robin Choquette!*

CMPC TRAINING & RESOURCES:

Association for Applied Sport Psychology: CMPC Certification Certification as a Certified Mental Performance Consultant (CMPC®) demonstrates to clients, employers, colleagues, and the public at large that an individual has met the highest standards of professional practice, including completing a combination of educational and work requirements, successfully passing a certification exam, agreeing to adhere to ethical principles and standards, and committing to ongoing professional development. *Good luck to Lisa & Ellen working to achieve there CMPC!*

BOOKS:

Athletes' Mental Health Books - A collection of books on various topics which affect the mental well-being of athletes.

ARTICLES & REPORTS:

USWNT Star Press joins Biles and Osaka on a growing list of athletes prioritizing mental health - The article explores the unique stressors athletes face and techniques to help combat them.

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Simone Biles Thrust Athlete Mental Health Into the Global Spotlight - This article encourages us to view athletes holistically, and respect that they will have uniquely challenging mental pressures.

'This Will 100% Save Somebody's Life.' Athletes See a Turning Point for Mental Health After Naomi Osaka Takes a Stand at the French Open - This article by the Times includes an interview from our Coffee & Progress expert Lisa Bonta Sumii who discusses the importance of Osaka's decision to prioritize her mental health.

PODCASTS:

Burn it All Down - An intersectional feminist sports podcast. In this episode, Imani McGee-Stafford is interviewed about being a WNBA player and the toll this can take on Mental Health.

AthMindset Podcast Creating Mental Health Space For Athletes - In this episode, Lisa Bonta Sumii chats with Betsy Cutler, M.Ed, President and CEO of Cutler Wellness Programs, about her focus on athlete and student mental health programs for those in professional, college, and high school athletics.

Lisa Bonta Sumii on Black Female Elite Athletes - In this radio interview, Lisa discusses the challenges affecting black female elite athletes at the collegiate, Olympic or professional levels and offers advice on how to cope with the challenges that affect women of color in sport.

FILMS:

Mental Health in Football - The Unseen Battle - This short documentary identifies the unique mental health challenges soccer players can face and how the industry can intervene and support our athletes better.

The Weight of Gold - A HBO Sports documentary exploring the mental health challenges that Olympic athletes often face. The film comes during a time when the COVID-19 pandemic has postponed the 2020 Tokyo Games — the first such postponement in Olympic history — and greatly exacerbated mental health issues.

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Oakland Roots “Love Your Mind” - This panel discussion features Lisa Bonta Sumii and aims to raise awareness about mental health as well as what positive tools Lisa has developed within Oakland roots to support the club’s athletes.

HOTLINES:

National Suicide Prevention Hotline, 800-273-8255

NAMI - The National Alliance on Mental Illness offers a plethora of resources, including a hotline for help and crisis.

APPS / TOOLS FOR SELF-CARE AND SKILL BUILDING:

Calm: the #1 app for Sleep, Meditation and Relaxation.

Breathe to Relax: Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. [Apple app](#), [Android app](#)

Virtual Hope Box: The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. [Apple app](#), [Android app](#)

Daylio: Daylio is a very versatile app, and you can turn it in whatever you need to track. Your fitness goal pal. Your mental health coach. Your food log. Your gratitude diary. Mood tracker. Exercise, meditate, eat, and be grateful. Take care of your mental, emotional, and physical health. Good self-care is a key to improved mood and reduced anxiety. [Apple app](#), [Android app](#)

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REPORTING RESOURCES:

U.S. Center for SAFESPORT Reporting: Report here if you have experienced abuse or misconduct—or if you have reasonable suspicion of abuse or misconduct inflicted on, or by, someone in the U.S. Olympic and Paralympic Movement.

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